

2022 KRI Nominees

Seva is one of KRI's core values. The love of helping others naturally arises the more we practice, and we also encourage ourselves and inspire ourselves - knowing that helping others is a spiritual act, one of the many, many tools to uplift our consciousness, as well. Modern science is also showing that helping others is a key way to make yourself more happy!

Given this emphasis on service, our community is FILLED with yogis doing amazing things to help others. Every year since 2008, KRI has acknowledged one or more of these people with the recognition and honor of the KRI Outstanding Achievement Award.

This annual award is to recognize past service, and inspire it in the future.

Up until 2022, the KRI board of directors has selected the honorees. This year, as part of a broader movement towards decentralization, we are trying something different - having open nominations and then having the entire Aquarian Trainer Academy select the honoree(s).

To be honest, maybe we won't do it this way again next year. There is something a little odd about voting for who you think did/does "the most service." But we wanted to try something that would engage more people, and bring to light more amazing sevadars that make up our sangat. Of the people who were nominated, we asked each to send in more information about themselves and their projects. You will find those below. As a member of the ATA, you will have until X to let us know who you think should be honored with the 2022 KRI Outstanding Achievement Award. Based on the votes, we may name 1, 2 or even 3 award recipients this year.

No matter who gets the formal recognition of the 2022 Awards, all of the nominees are amazing teachers and sevadars. Being part of a community with them, and so many more like them!, is inspiring and uplifting. KRI hopes that this Award, and this process, will remind all of us of the beauty of seva, and be a great big "Thank You" to all the people making the world a better place.

Instructions:

Please read the document. [CLICK HERE](#) once you are ready to vote on your top 3 nominees.

2022 Nominees

Please click on each name to go to their Nominee statement.

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Bijay J. Anand

Mumbai, India



I am honored to receive this award and would like to communicate my gratitude and respect for the time and effort you put into recognising my accomplishments.

Just for the record though, my personal belief is that recognitions or awards don't serve my higher purpose. The reason why I started teaching Kundalini Yoga was because the practice created a radical change in my life and has altered the way I once knew life to be. It has put me on a divine path and reconnected and realigned me with the cosmic pulse and vibration. To be honest, I perceive this recognition as a means to serve a wider audience in India and around the world which fuels my higher purpose. So, here is a glimpse of my journey with Kundalini Yoga.



Back in 2012, when I started teaching Kundalini Yoga in Mumbai, people weren't aware of this form of yoga. This lack of knowledge along with certain misrepresentations around it served as a huge hindrance. One of the popular misnomers was that 'Kundalini was a dangerous serpent, which once awakened, could mess up one's chakras and lead one to either a mental asylum or a graveyard.

My faith and determination held me strong and I started out by teaching at yoga studios, and over time I built a Sangat, starting in Mumbai and progressively moving to other parts of India like Delhi, Goa and Pune.

Barely six months into my teaching journey, I was invited to teach at the International Yoga Festival in Goa. The organizers had to cancel other workshops/sessions as my first session itself had a massive impact and received a huge response. Around a year later I was invited to teach at the International Yoga Festival in Rishikesh and thereafter began my journey of teaching at International Yoga Festivals across the globe.



A memory close to my heart is at the Bali Spirit Festival in Bali, Indonesia. I had been invited to teach two workshops.

Post my first session, their schedules were altered as they wished me to conduct a workshop daily. It was decided on day 5 of the event, that the festival would end with a grand finale of a Kundalini Yoga workshop with me as the presenter, which was a huge honor as this was my first teaching experience at that festival. *Bali Spirit Festival, Indonesia*

Since then, I have been teaching in cities like Dubai, Abu Dhabi, Moscow, Saint Petersburg, Kazan and Chelny in Russia, Guangzhou in China, Bali, London, Manchester, Liverpool, Prague, Finland, Jamaica and Mexico.

During COVID, festivals across the globe were canceled for which I too was scheduled to teach at. At this point event organizers urged me to teach online. Many students from these festivals joined in to convince me to hold online sessions. It has been almost two years since I have been conducting Kundalini Yoga workshops on my Instagram page @transformwithbijay, as well as on my YouTube channel 'Bijay Anand'.

The online sessions stirred a phenomenal response and continue to do so. My intention of sharing this is just to give you an added perspective of my journey. Celebrities like Katrina Kaif (Bollywood superstar) with 62 million followers on Instagram, Tarini Jindal - daughter of Sajjan Jindal (one of the top 5 industrialists in India), Shom and Satya Hinduja (children of the wealthiest Indians in the world - Hinduja family) amongst many others are some of my students. The high profile names that I have mentioned above were a natural emergence of the ripple effect of my loyal students that I have served and the result of an organic growth.

Before the start of my Kundalini Yoga journey, I was casted only for violent and angry young man roles in Bollywood, such as violent and temperamental Laxman, who in Ramayana is the younger virulent brother of Rama. The practice of Kundalini Yoga facilitated a transformation within me, and now I am organically casted for roles like Janak and Brahma, two of the calmest and most peaceful names in Indian mythology :-)

A year ago, I started my Healing Centre near Mumbai 'Anahata Transform Centre'. Since two months, we have been conducting yoga retreats here and have two events planned for every month of the current year. Currently I'm in the process of purchasing land around my centre in order to expand it and allocate dedicated areas for meditation, silent retreats and nature immersions.

I will continue to teach at the yoga festivals around the world, and I'm already marked on the presenters list of the Manchester Holistic Festival, The Liverpool Yoga Festival, The Healing Festival in Brno (near Prague), since the easing of restrictions is being put into place.

At some point in my journey, I consciously intend to take a few years break from teaching and create more time for learning, silent retreats in the forests and austerities. This desire of mine has been manifested and will happen when it should..

My Bollywood acting journey continues, as I feel this platform expands my reach and has great potential to popularize Kundalini Yoga and build awareness about this ancient healing practice that can enhance our lives by giving it more joy, connection, purpose and meaning.

In gratitude always and I thank KRI and all who have made me what I am today, and hereby pledge to continue to serve from the core of my heart and being.

Love, light and blessings,

Bijay J. Anand

Here are some links available for viewing online apart from what is there on my website www.anahata.in

<https://www.youtube.com/c/BijayAnandTransform>

<https://youtu.be/mKpkSlpJZ5Y>

<https://www.google.com/search?>

[q=bijay+anand+kundalini+yoga hq=bijay+anand+kundalini+yoga
&aqs=chrome..69i57.3503j0j4&sourceid=chrome&ie=UTF-8](https://www.google.com/search?q=bijay+anand+kundalini+yoga+hq=bijay+anand+kundalini+yoga&aqs=chrome..69i57.3503j0j4&sourceid=chrome&ie=UTF-8)

<https://www.dnaindia.com/lifestyle/interview-kundalini-yoga-to-heal-and-nourish-the-soul-196423>







Guru Darshan Kaur Khalsa

Puebla, México

Note: Please see video for full range of images on Guru Darshan Kaur's seva and work

To see Guru Darshan's video in **ENGLISH** [CLICK HERE](#).

To see Guru Darshan's video in **SPANISH** [CLICK HERE](#).



Thank you for the opportunity to share what a community can achieve with love. I would like to mention that these achievements are by The Grace of the Guru, the Gods blessings and the work of: Teachers Team, students, acquaintances and relatives.

Director of Centro Guru Ram Das Puebla since 2003 - Since its foundation in 2003, Centro Guru Ram Das Puebla, without a doubt, is a community of Kundalini Yoga teachers who teach, serve and support themselves through life's changes.



One of my greatest satisfactions is that the Guru Ram Das Puebla Center and the community give a monthly donation to low-income neighborhoods.



Everyday at 4:40am we practice Aquarian Sadhana. Since the pandemic started, we have held these sadhanas through Zoom. Before that, the students would come to the center once a week. I believe that this practice brings great changes in the consciousness.

At the Guru Ram Das Puebla Center we hold a free monthly meditation, in service to the community to bring a well-being to the body, mind and soul.

Since 2001 I've been teaching to the kids of Metepec and Puebla Community.

In 2009 I began to teach the wise people of the community in Puebla.

Together, with the staff of Centro Guru Ram Das, In 2017 a manual was realized to teach kids and other for older people in 2018



They are our next leaders. That is why, since 2001, I share Kundalini Yoga with them.

Every year I teach the specialization to teach yoga for children, training to different countries teachers in countries such as Mexico, Chile, United States, Spain and many others. I share a teaching method for children that has been tested for several years having beneficial results such as better attention, calm, patience and control of emotions.



Kundalini Yoga teachers in Karuna schools since 2016, I teach children with different abilities. Once a year, families are invited to a FAMILY DAY, where we start with Yoga. The children pick the kriya and meditation set, and it's shared with parents and teachers.

Since 2009, I have taught older people, considering that they are the wise people of our community. Sharing teachings with them has been a personal life learning for me.

Every year we are looking forward to opening the training of Level 1 and keep inspiring new teachers to teach and share the technology that changes lives. Within the training we teach Gatka, Hatha Yoga,

Breathwalk, Sat Nam Rasayan and much more. In 2005 I participated in Cuba teaching level 1 as Seva, understanding that Kundalini Yoga can reach everyone.



Every year, Level 2 trainings are held. Nowadays we are teaching online by Zoom. Which has allowed to broaden the horizon to teach from Latin America, USA and Spain with bigger and stronger teams of trainers.

Several more areas where I have participated and served:

- **Sikh Dharma Minister**, having a Gurdwara in Puebla. In service to humanity doing Langar, weddings and hosting a Gurdwara once or twice a year.
- **Staff of Mexico Women's Camp since 2005**. I have been part of the administrative area, logistics Gurdwara, SADahana and process of women that are coming. I help where I am needed.
- **Staff of Healing Meditation**. Inviting the teachers to guide this sacred space. I host Monday and Friday.
- **Participation in 3HO events, IKYTA Mexico and KRI**: Solstice, European Festival, Teacher Forum, Mela, White Tantric Yoga. I support broadcasting programs. I am conscious that there is a lot to achieve. It's humbling to continue serving to keep the community grown and also human consciousness.
- **Participating with Miri Piri Academy**: I encourage the kids in the community to go to MPA like my kids did. I support with donations and teach a numerology course on benefit to the academy.
- **Family life**: Wife, mother of two good men, daughter and sister.



Jagat Prem Kaur

Finland

To see Jagat Prem Kaur's video [CLICK HERE](#).



I am a kundalini yoga teacher, professional L1 teacher trainer and healer from Finland. After making a major life shift from a career of an executive & business consultant to a full time yoga teacher in 2010 I have dedicated my time to running Kehto School, a learning center I founded together with my husband Charanpal Singh. Kehto (Finnish for cradle) offers both kundalini yoga teacher training and long, 1 to 5 years, retreat based programs for spiritual growth.

In my former career I did extensive work in large companies and organizations on creating learning strategies, environments and atmosphere that motivate and encourage adults to not only learn new skills but also transform identity and self-image.

Now one of my passions is to offer this expertise to the scene of kundalini yoga. I am a part of the Level One Curriculum Committee of KRI and hope to enhance the understanding of pedagogy in our community – especially how we teach our future teachers. This means creating new and refining existing tools and support systems for trainers.

I am the mother of two teenage boys, one of whom is adopted and have a lot of knowledge of special needs children and their parenting. I've shared my family home as an Ashram-like environment for several years because bringing yoga practice and everyday life together is close to my heart.

I've led over a hundred long retreats, countless yoga classes and workshops and healing sessions over the years. In addition to kundalini yoga, I've studied other forms of yoga, Chinese medicine, hypnotherapy and group therapy.

Most recently I've published two books on female energy. I hope to do more writing in the upcoming years in order to make yogic wisdom easily available for women on all walks of life.



Jai Dev Singh

Nevada City, California, United States

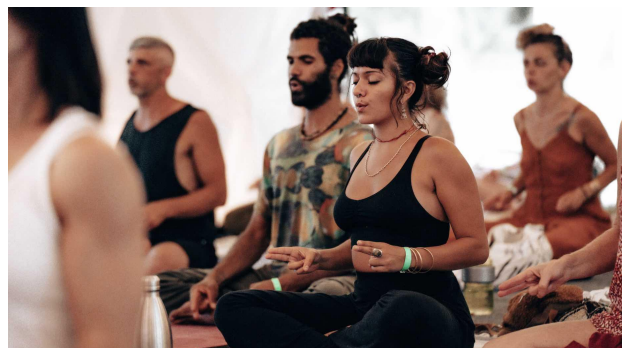


Jai Dev Singh is a yogi, renowned teacher of Kundalini Yoga and Ayurveda, and founder of Life-Force Academy, which trains thousands of students in 60 countries around the globe in Kundalini Yoga, Ayurveda, and the Dharmic arts. He has emerged as a preeminent voice in the yoga world and is widely recognized for making the teachings of Kundalini Yoga and Ayurveda accessible and relevant for our times.

Jai Dev was one of the early teachers, and the Life-Force Academy one of the earliest organizations to lead inspired Kundalini experiences in the virtual world, increasing the impact and scope of Kundalini Yoga. Today LFA is widely recognized as one of the most popular resources for Kundalini Yoga and is lauded for its ability to transmit its practices and teachings in a way that is inclusive, free of dogma, and yet, deep, mystical, and substantive. Through its complete courses, classes, and virtual immersive experiences, Life-Force Academy has inspired and transformed thousands around the world with these teachings and practices. As a part of his work in the Life-Force Academy, Jai Dev has authored numerous courses on Ayurveda, Kundalini Yoga, Business, and various other subjects.



In all his work, Jai Dev is focused on translating the mystical art and science of Kundalini yoga to a broader group of people – casting a wider net by making these yogic teachings accessible, without diluting their essence. He is focused on discovering how to pay homage to its ancient roots while helping to steward it into the current day in a way that is practical and helpful for the many stresses modern-day people face — and therefore increasing the scope and impact of Kundalini Yoga for years to come. His down-to-earth sensibility and humor, combined with the creative delivery of yogic teachings, continue to influence practitioners and teachers around the globe.



In the next chapter of his career, Jai Dev is focused on creating the nonprofit branch of the Life-Force Academy that is focused on making practices accessible to those who otherwise may not be able to – using the technological infrastructure he’s developed over many years to increase the impact of Kundalini Yoga in schools, communities, nonprofit organizations, and mental health resources. He’s focused on continuing to help develop and steward the Kundalini Yoga teachings as we move further into this new age.



Manjeet Shanti Kaur

Hartford, Connecticut, United States

Since 2018, when I earned my level 1 certification, I have been implementing yoga and meditation in the school I teach at. Students have greatly succeeded and have been able to regulate their emotions. The district even allotted me a grant to purchase mats, bolsters, and blankets for the students.

In addition to teaching in schools, I have been teaching locally and regularly. Just this month I have been able to put Kundalini Yoga on the schedule in 3 new locations, servicing 5 towns.

I am continuing to build the Kundalini community in Connecticut, specifically the Greater Hartford Area where I am the only Kundalini Yoga teacher practicing (in Harford County).

If I were to receive this nomination, I would be so proud and fortunate as I feel I am staying true to the teachings, and allowing for the yogic community and other studios to experience Kundalini Yoga. I would also feel more confident in my approach to teaching which could support me in my 5 year plan to open my own Kundalini Yoga Studio. My plan is to also integrate my SuperHealth and Radiant Child Yoga courses into the schedule.

In Service,

Manjeet Shanti Kaur

Nicola DiBenedetto

Mantra Simran Kaur

Boise, Idaho, United States

Sat Naam. I am Mantra Simran, and I am deeply honored to have been nominated for this Lifetime Achievement Award. Looking back, I realize that I have lived many different eras during my existence here on this planet. As Brahma, Vishnu, and Shiva, again and again remind us, there are so many beginnings, middles and ends, and even those in-between places! I trained and began teaching KY in the early 70's. Yogi Bhanjan was my teacher. Throughout that era, I taught KY classes to friends, interested acquaintances, and practiced daily sadhana. My main emphasis was going to college and establishing myself in my chosen careers as a musician, schoolteacher, and school counselor in the Seattle area.

Entering a new era in the early 80's I moved to Boise, Idaho, a rather provincial place, to continue as a school counselor. I taught KY in my home to friends and those willing to explore this technology. The only studio in Boise at the time was for Iyengar yoga. Teaching and practicing yoga in gyms was unheard of so I took the tools of KY (disguised under the name of Mindfulness, before Mindfulness was mainstream) into the Boise School District in my work with students and staff.

Around 2000 I began to actively introduce KY to more people. When I married the love of my life, I had more time to devote to my dharma of spreading the teachings. A new friendship with the owner of Yoga Tree of Boise enabled me to bring KY into her studio. She has been a supporter and fan ever since. Sometimes there would be no one in class and sometimes just a few people. Throughout the ups and downs of class attendance she never considered canceling my classes. When my son graduated from high school, I completed Hatha Yoga Training becoming a 500-hour Yoga Teacher through Yoga Alliance. As a guest teacher trainer, I introduced KY, which included the marvelous chants and music, to an ever-growing interested group of Hatha yogis. The attendance in KY steadily increased as I was invited to teach in more yoga studios, festivals, and fairs.

On December 9, 2014, my life came crashing down when my husband passed away after a twenty-one-month battle with Acute Myeloid Leukemia. During his illness the only thing that kept me sane and able to support him was the practice of KY. I honed the skills of neutrality and the ability to live in the present moment. Another new era was about to begin which brings us to the present moment and beyond.



In June of 2015, I retired as a school counselor deciding to further the practice of KY in Idaho. Being isolated from other KY communities, except at Solstices, I enrolled in the Immersion in Espanola, 43 years after my original training, to make sure I was current with the teachings. As the only teacher in Idaho at the time I had no idea and not even a textbook to refer to. The Immersion was exactly what the Universe ordered. It was the medicine necessary to navigate through the grief of losing my husband. I met wonderful people; the students I was practicing with and the gifted trainers. During the next two years I completed the five Level 2's with the idea that to grow the community in Idaho I would need to become a trainer and create teachers. I created the 3HO Idaho Kundalini Yoga Community Facebook page with the purpose of sharing the locations of Kundalini Yoga classes and special events. I worked spreading the word about this marvelous technology and at the same time dove into what I needed to do to enter the ATA.

Applying to the upcoming Immersion TNT program was a perfect opportunity to give back to KRI for the healing journey I had experienced at the 2015 Immersion. The requirement to become a TNT was to be accepted into the ATA. The challenge facing me was to find a mentor that would guide me through the process and give me the support I needed. Seemingly an immovable obstacle I called upon the energies of Ganesha who guided me to connect with Siri Neel Khalsa directly, the head of the Immersion TNT program. This gracious woman agreed to be my mentor for the program thus beginning an inspiring new era. From there we have never looked back. She guided me through the ATA and I am finishing up my Lead Practicum as I write this. Siri Neel allowed me the flexibility to find trainings where I could participate and get the needed content credit hours and bench times to move through the Academy. I am also forever grateful to Sat Kar Khalsa in British Columbia and Khushbir Singh in Utah for believing in me and allowing me to participate in their trainings so I could realize my goal.



Currently I am providing trainers the opportunity to acquire bench hours and content credit hours to make their own journeys through the ATA. I have had two trainings in Boise and in April will have added a total of 12 more KY teachers to our community throughout Southern Idaho. I am in the Mentor Development program and have two Mentees that I am supporting in their journey and have provided opportunity for 2 other trainers to accumulate some of their requirements. I am reaching out in my Level 3 to make contacts to assist trainers in the academy move forward to reach their goals.





I serve on the Global Steering Committee and the Professional Development Committee to participate in policy changes that support the personal and professional growth of trainers in KRI. I suggested the idea that to enter the academy you could do so with a sponsor so the roadblock of finding a mentor would be erased in the beginning stage. This was recently approved by the membership at large and I am so excited to see the path through the academy being

smoothed out through the ease of paperwork and the reestablishing of guidelines to move to the next level if the trainer desires and a KY teacher wishes to enter the academy.

My goal is to continue to work with the academy on committees to support trainers and KRI at large. My goal is to complete my Mentor program becoming a mentor that promotes the movement of mentees as my mentor, Siri Neel, has supported me. My goal is to provide opportunities for my mentees and mentees of other trainers to achieve their training goals through access to bench time and content credit hours. My goal is to continue to open my heart and mind every time I chant the Adi Mantra.

I am certainly not done with my lifetime achievement. I feel I have just gotten started.



Sadhana Kaur

Playa del Carmen, México



I began learning kundalini yoga in 1988 in France (while working at the bank) with Guru Jagat Kaur and Karta Singh and got my certification with them.

1992 was my first tantra and I spent one month working in Ram Das Puri at Yogi Ji's ranch.

In 1996, I was working as manager in the Alhambra hotel in Playa del Carmen, and gave kundalini yoga classes until 2007.

This hotel was owned by Guru Gian Kaur (Monique)* the first woman in Quintana Roo Yogi Bhajan was looking for in 1989 when he came to Cancun and asked his staff to find her so he could meet her. She is the one who pushed me to give classes in her hotel.

In 2000 ,I went 6 months to India, spent 1 month and half working in Anandpur Sahib to help Suria Kaur with the Yogi Bhajan's health center, and then in Amritsar, sometimes in Miri Piri Academy to help in Artcraft classes.

In 2007 , the hotel was sold ,I began Chinese medicine and got my second level graduation in 2018. This also helped me a lot to realize how much Yogi Ji knew about Chinese medicine.

In 2018, I began with Har Hari Singh gong training and got my first level Gong. So I incorporate all those studying in my life and my personalized kundalini yoga classes.





Sarabjit Kaur Khalsa

Madrid, Spain



My name is Sarabjit Kaur Khalsa. I started doing Kundalini Yoga when I was 14 years old in San Diego, California. I am 65 now.

I lived in Washington, D.C. Ashram and from there Yogi Bhajan sent me to Barcelona with the Gurudasses. So I am one of the first pioneers of Kundalini Yoga in Spain.

From Barcelona Yogi Bhajan sent me to Madrid to found Kundalini Yoga there and represent him. I am a lead trainer of level 1, 2 and 3. I have dedicated my life to teaching.



I have had many yoga centers and ashrams in Madrid. I am a founding member of the Spanish national association. A founding member of the Spanish Sikh Dharma assoc. I have served for many years at the European Yoga Festival. I have served as the chairwoman of the European Khalsa Council for 8 years.



My husband and I have organized White Tantric Yoga for many years in Madrid. My husband and I have created the Akhára community and land project where we are building a spiritual healing place in 11 hectares surrounded by nature.



Since we have no children we will be leaving it to the national Spanish Kundalini Yoga community and the European one. It is our desire that people come and can heal themselves with this yoga technology.

Sarb Jit Kaur

Espanola, New Mexico, United States

Most members of the Academy knew me as the Administrator of the ATA. For 17 years I had the honor of serving trainers around the globe helping them to develop their skills and knowledge. I truly loved being the "glue" of KRI, being available to answer everyone's questions, assist in how to correctly complete all the documents, and hopefully make the process more understandable. I believe in KRI and our mission to create teachers and trainers.

Here is a little bit about me that you might not know:

I began Kundalini Yoga in 1971 in Tucson, AZ. In the same year I moved into the ashram, I married Sarb Jit Singh, and attended the first Winter Solstice in Orlando, FL.

My husband and I moved to Oklahoma City, OK and taught classes and ran a Golden Temple Natural Food Store & Restaurant for almost 15 years.

I became a Sikh Dharma Minister in June 1973.

I attended ever single Ladies Camp from 1976 until 1990. I was a staff member and helped with logistics and security of the camp. This was my love and my joy!

I lived in Millis, MA ashram for 5 years and moved to New Mexico in 1990.

I worked for Akal Security, then for the first Events office during which the first Master's Touch course took place in NM. Then I worked for the KIIT Marketing office and finally transferred to KRI in 2004.

From my very first Solstice I prayed to live at Solstice and that was manifested when I moved to NM. I have lived at Ram Das Puri since then.

My service to KRI and to the Academy was an extension of my service to my teacher Yogi Bhajan and the teachings of Kundalini Yoga. Supporting this lifestyle and our community has been my focus, my service and my blessings.

Sat Jiwan Kaur

New York City, USA

Sat Jiwan Kaur to NYC in 1971 at age 23 and started Guru Ram Das Ashram, Gurdwara and Yoga Center in Brooklyn, New York. Maintained the kitchen and cooked 2 meals daily for 25 people. Hosted Yogi Bhajan and entourage countless times a year for 25+ years for Yoga courses, White Tantric Yoga and other events.

She has run White Tantric Yoga courses in NY for more than 4 decades (with the service and support of many others) running approximately 100 courses when YB was teaching them live!

Started Kundalini Yoga East in 1990 in Manhattan and has trained countless teachers offering over 35 level 1 & 2 teacher trainings, 1000s of Kundalini Yoga classes and courses. She has maintained this business here for 30+ years and even managed to pull thru during covid and reopen the studio recently, so as to continue to serve the people of New York City.

Ran KWTC kitchen for 6 weeks for 3+ summers for over 200 women, including making prasadh and carrying it from the kitchen to KWTC gurdwaras on her head.

Served in the KWTC registration for 10 years.

Designed the Summer Solstice Kitchen at Ram Das Puri

Cooked countless lungars, event meals and solstice meals.

Prepared and taught others to prepare Prasadh for thousands at solstices and Ladies Camp

Dug the hole and planted the tree that now grows over the guard house at the Ranch in Espanola.

Stapled insulation into the ceiling of the dome at the Ranch.

Cooked for YB in 1984 after his open heart surgery

Always caring for others and helping them through difficult times in their lives by offering comfort, counsel and care.

And much more!!

Sat Siri

Los Angeles, California, United States

To see Sat Siri video [CLICK HERE](#).

Sat nam,

My name is Sat Siri. I am so honored to receive this nomination. I have dedicated the last 19 years, full time, to teaching Kundalini Yoga and training teachers. I was a ballerina with the Australian Ballet for 10 years and then when I left is when I did my teacher training. I did it over in the states. Then I went back to Sydney and opened Australia's first KY center/studio. People came.

I am so grateful. After a year I had to move to a bigger yoga studio. Just seeing students in front of my eyes come home to themselves and come to their souls, clear anxiety and insomnia. They were the reasons I wanted to start teaching.

Kundalini Yoga had such an impact on me. Taking me from so much anxiety to so much peace and being able to trust my abilities to handle the challenges of life so much easier that my simple inspiration was that this has helped me so much that I just want to share it with as many people as I can. That wasn't a very comprehensive business plan to start with but I am so grateful that opepl became and that word of mouth and the community built there in Sydney Australia so much and so vastly. I really got that calling after about 4 years that I needed to and wanted to start training teachers. So I entered the Academy and I mentored under Gurumukh and later with Niravir. I moved to the United states so I could mentor through that program.



It was just when my daughter was born around 8-9 years ago that I became a lead trainer. I had taught in so many of the Golden Gate Bridge trainings that there was one year that I taught in around 6 Teacher Trainings in Los Angeles, NY, India, Ottawa, Australia. I just loved it. I just loved witnessing the empowerment that happens. First with the practice and then becoming a teacher. Then about 6-7 years ago I became the Lead trainer for the immersion in KRI. Those 28 days are so intense. AGain, I got so much joy from seeing what happens with the students in front of me. Seeing these beautiful souls that have had so much happen in their life come back to themselves. Then we had the pandemic and we had to move everything

online. Then we had all of the women come forward with all of the harm that Yogi Bhajan gave them. I really had to sit with whether I would continue. Because the students in my teacher

training wanted to continue I committed to doing that and giving myself the out after that training ended.

But teaching through the pandemic online, I felt like a first responder. Like an essential worker. So many students were saying "I am alone in my house. I don't know what I would have done without you and without this practice." Or moms, I was one myself homeschooling my daughter, teaching and working. So I knew the challenge that moms were going through. So I just came back to the purity of the practice, pretty much how I began. Wow, this brings me home to myself, home to my sat nam, home to my truth. And wow, I get to share that with others.

So like I said, I have dedicated myself pretty much to this. I have probably trained at least 1000 teachers, if not more. I have pretty much 6 days and nights a week to help people come home to themselves. That is my mission. That we build a world with more people that love themselves, that are kind to themselves and that that ripples out to our world. So thank you so much for the nomination. I am totally honored.

Lots of love and Sat Nam.

Suraj Kaur

Coorabell, NSW, Australia

To see Suraj Kaur's video [CLICK HERE](#).

2003 was the year I fell in love with Kundalini Yoga and my life changed completely. Over the next few years, I moved from being a businesswoman with a Communications company and a wife and mother of three teenagers, living in Sydney, Australia, to being a traveling yogi, with little sleep, on airplanes often twice a week, living out of a suitcase, teaching and on retreat for most months of each year.

I feel blessed to have been part of the growth of the Kundalini Yoga spiritual community in Asia Pacific. I experienced teaching and working in countries where I didn't speak the language or understand the culture, yet found ways to communicate and create close relationships. It has been a surprising and beautiful time of my life. I became immersed in the teachings. I witnessed the growth of many students and teachers through Kundalini Yoga.

I am in awe of many who I met on this path, those who guided me and showed me my next steps and those who inspired me as they grew from students in training into teachers and trainers.

Over the past 12 years I led training teams in China, Taiwan, Israel and Australia. Out of 30 mentees in Asia, only one spoke English. It was a different world. Five mentees are now Lead Trainers leading teams in China, Taiwan and Israel in their own language and culture.

Everything that has come into being has been through a group of us working together, through friendship and shared vision, commitment and trust. I have no claim to any part. Many seeds were planted and the ripples went out.

Kundalini Yoga Festival Asia 2008



In 2008 with the support of the small KY community in Thailand and Asia Pacific , Sunder Singh, Tonie Nooyens and myself started KYAsia (www.kundaliniyogaasia.org) and the KYAsia Festival which brought together students from 17 countries. This included the first White Tantric and the first International Teachers Conference in Asia. I served as Manager of the Festival and WT until 2015, when local festivals evolved in China, Australia, Malaysia & Thailand. KYAsia became a vibrant and supportive community of teachers and students across many countries.



When I first taught in China in 2008 the Chinese people touched me deeply. I felt their pain and their deep intention to live more enlightened lives. I wanted to serve the growth of Chinese teachers, trainers and communities.

With the formation of Ramadasa China a small group of dedicated people initiated the spread of the teachings into China and Taiwan. I became Lead Trainer and CEO of Ramadasa, which became both a training school and a community of teachers. As the program grew I moved to Shanghai for 5 years and immersed myself in the teachings and in the Chinese way of life.





Between 2010 – 2018 our team, led by Sunder and myself, trained more than a thousand Chinese teachers across 30 level one courses (including 5 Level One Immersions), and more than 20 level two courses. We led several Yatras to India, we visited the Golden Temple, walked the steps at Goindwal Sahib and then stayed in Yogi Bhajan's home in the Punjab for a week on sacred retreat.



Over this time I developed the Awakened Woman series of teachings, including Pregnancy and Birth, the Heroine's Journey and Healing Ancestral Trauma. Local teaching teams taught these courses with me in Thailand, Israel, China, Taiwan and Australia.



With a small team of Chinese teachers, we held the first Chinese Woman's camp in 2012. Many men from the local village worked through the night and into the next day to complete the building of the rooms and the gardens for the 120 women and 70 children who came.

Sangeeta Kaur, (now one of China's Lead Trainers), worked closely with me over these years.



We held the first Israeli Woman's Camp in the heat and stillness of the Negev Desert. Ronit Vardi (now one of Israel's lead trainers) and I wanted to create connection between the Israeli, Palestinian and Bedouin women of Israel, as a pathway to long term peace. The woman's camp in 2017 was the largest KY gathering held in Israel at that time and included a camp for 50 children.



I have learned that the possibilities are far greater than we can ever imagine when we act from awareness and love. Can we go beyond everything we have thought to be true, and create a new way of being and a more enlightened world? A world where we deeply care for and honor ourselves, each other, life in all its manifestations and the natural world we are all part of.

I now live in the hinterland of Byron Bay, Australia and still teach in China, Taiwan and Israel via zoom.



"Our focus in our trainings is to support you to open to your true nature, to create a more aware, more conscious human being through the practises of Kundalini Yoga. Our intention is to support you to find your path, your way, your guidance, so that humanity can awaken". – Suraj Khalsa